Auricular Therapy (Auriculotherapy) (耳穴療法)

Definition

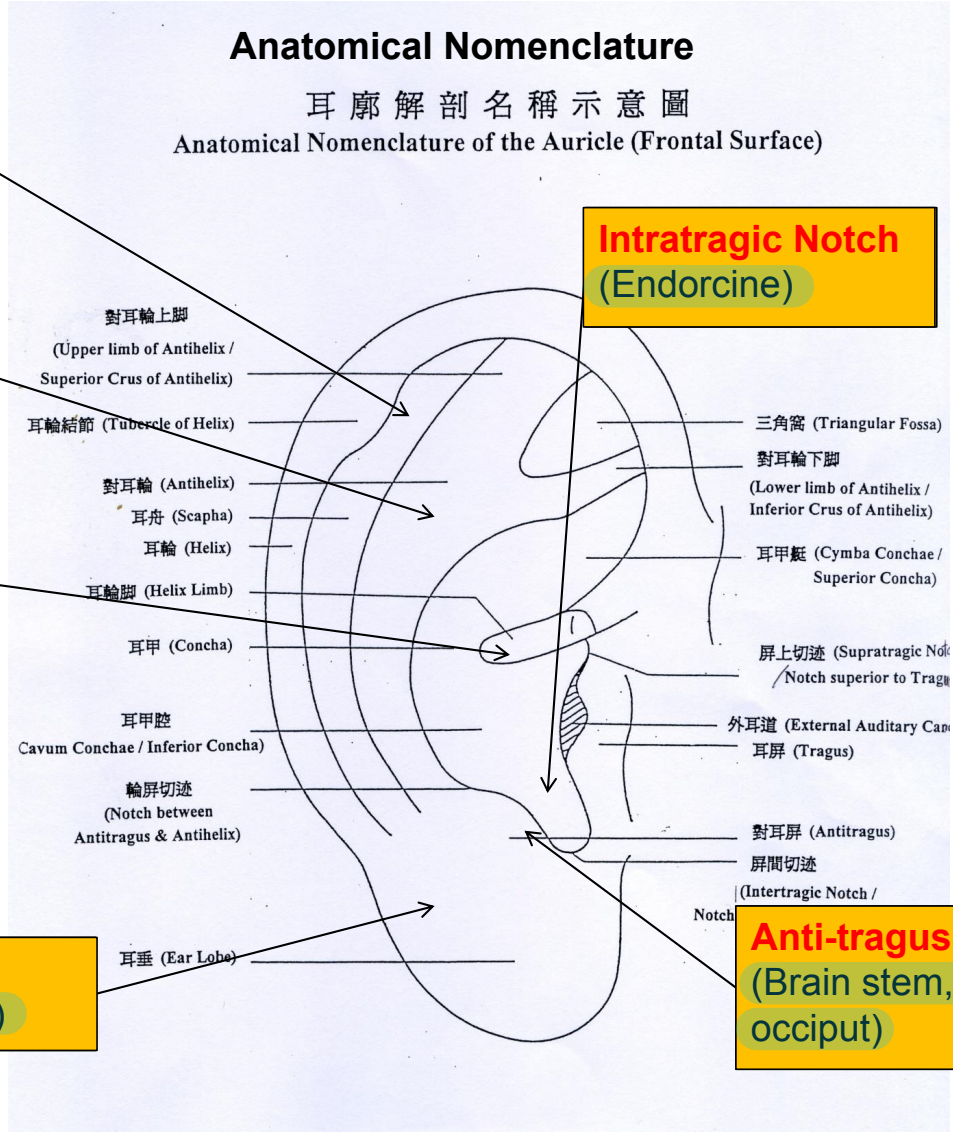
- Auricular therapy (Auriculotherapy) is a therapeutic method by which specific points on the auricle are stimulated to treat various disorders of the body.
- Auricular therapy can activate meridians & collaterals, regulate the *Qi* & blood, help to achieve the balance between *Yin* & *Yang* status of internal organs, and is suitable for treating many disorders of the body.

History and Development of Auricular Therapy

- The ear is first mentioned in the earliest Chinese medical book, Yellow Emperor's Classics of Internal Medicine (黃帝內經), published more than 2,000 years ago.
- It states that the ear is related to all parts of the human body and internal organs, and that all meridians converge at the ear.

- In 1957, Dr. Paul Nogier, a well-known French neurosurgeon, made a careful study of the ear and found that the ear is thought to simulate an inverted fetus within the womb.

- To have a common language for study and exchange of ideas, the Chinese Association of Acupuncture and Moxibustion, was entrusted by the WHO Western Pacific Regional Office, for the standardization of auriculo-acupoints in 1982.
- In May 1993, the 'Chinese Standard Ear-Acupoints' which consists of 91 acupoints (acupoints mainly represented by zones) was established and widely adopted in China (Guan et al., 1994) (GB/T 13734-1992, 中國標準耳穴圖).
- The latest nomenclature and location of auricular points announced by the China Standardization Organizing Committee in 2008 (GB/T 13734-2008) is more comprehensive in that it has added additional information about the anatomical classification and location of the various parts of the auricle.
- However, some overseas countries, including Europe and USA, are still adopting the ear atlas originally discovered by Dr. Paul Nogier for diagnosis and treatment.
- Many successful examples using auricular therapy on smoking cessation and drug addiction were widely reported.



Scapha
(Upper limbs)

Anti-helix
(Lower limbs)

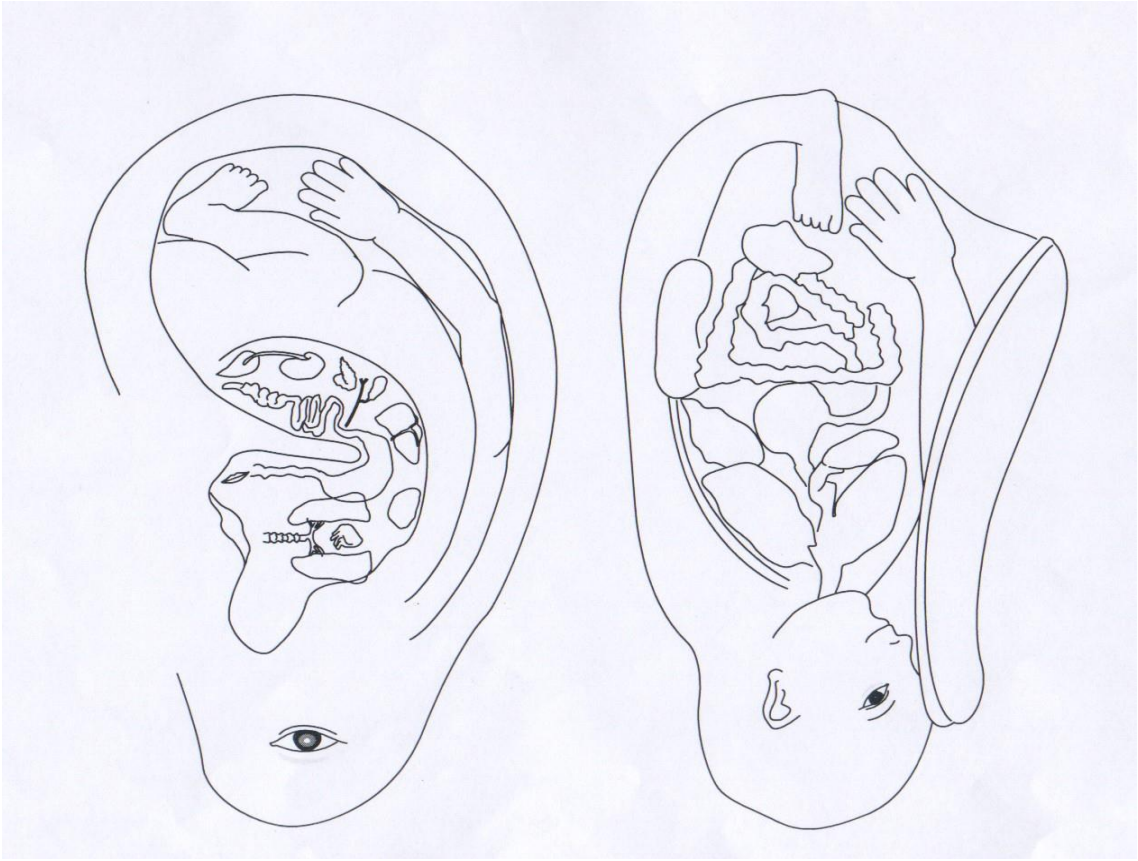
Helix Limb
(Diaphragm)

Ear Lobe
(Head and Face)

Intratragic Notch
(Endorcine)

Anti-tragus
(Brain stem, subcortex, occiput)

Figure: The ear represents a simulation of an inverted fetus within the womb.



標準耳穴定位示意圖

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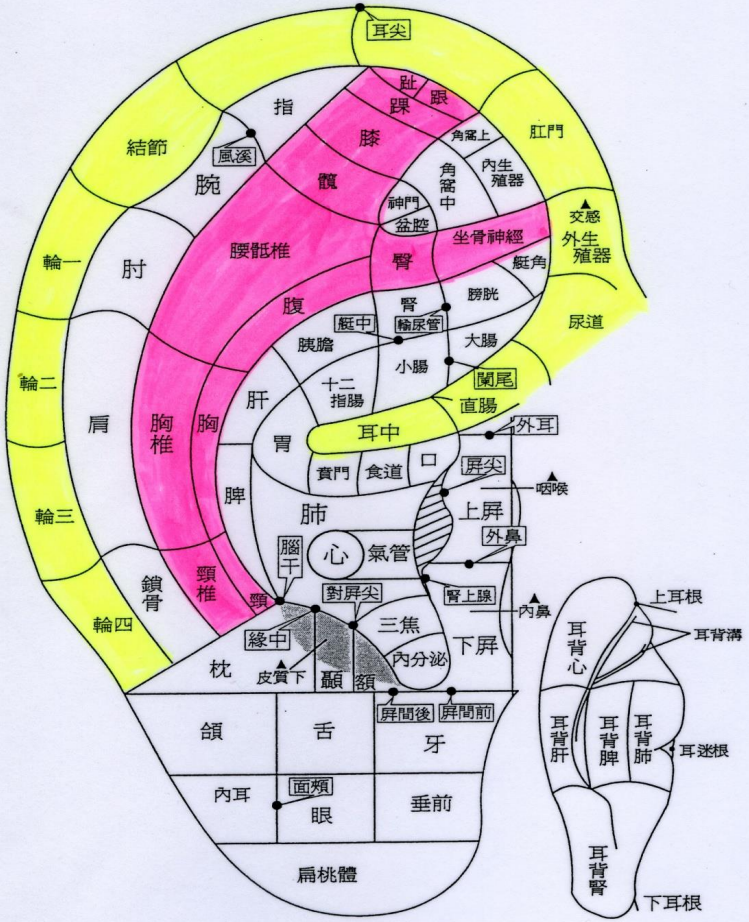
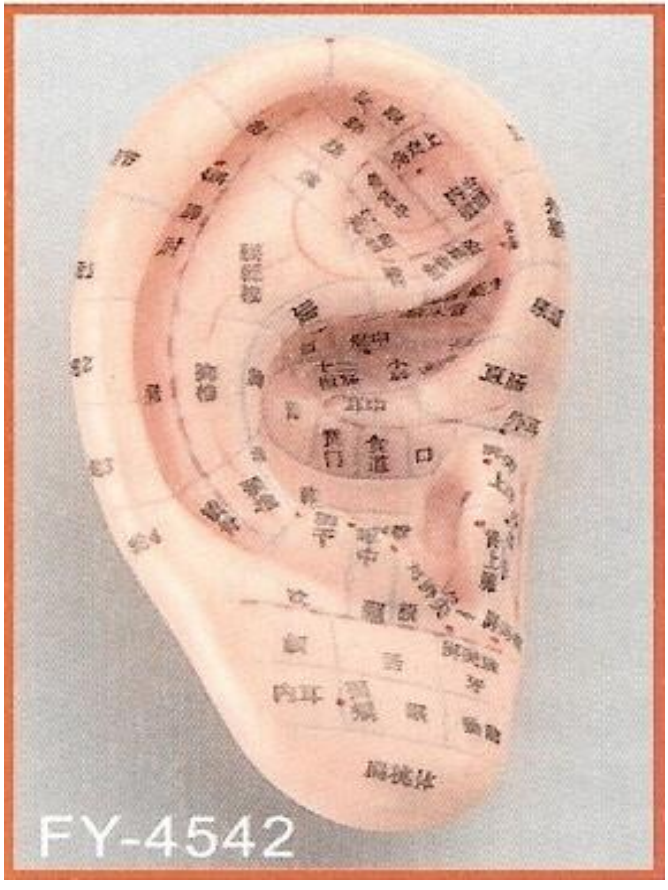


▲內側穴位



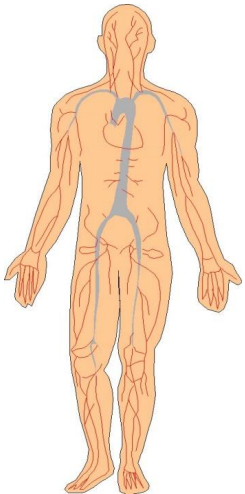
The Chinese Standard Ear-Acupoints Model
(91 points)

Homuncular Reflex Theory
[全息反射説]

- Based on the neuro-embryal theory, Dr. Paul Nogier came to view the auricle as a homunculus of the human body similar in shape to an inverted fetus, with the head located on the lower lobe, the feet at the upper rim of the ear, and the body in the middle.

Meridian Theory [經絡學說]

- Traditional Chinese medicine (TCM) holds that the five viscera (*Wu Zang* 五臟) and six bowels (*Liu Fu* 六腑), the nine body orifices (*Jiu Qiao* 九竅), four extremities (*Si Zhi* 四肢) and all bones of the body (*Bai Hai* 百骸) are closely linked with the ears through the channels and collaterals (*Jing Luo*經絡).
- The ear is directly or indirectly related to the 12 main pairs of meridians that run over the body.

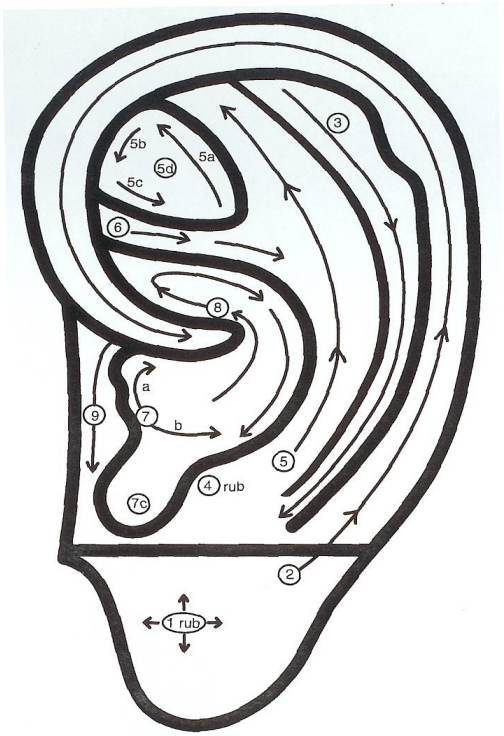


Common Ear Modalities

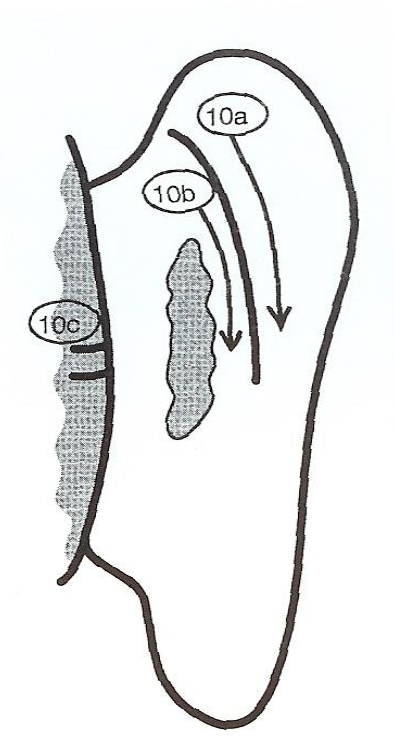
Palpation & Massage

- Palpation is the process of detecting tender points for diagnosis or treatment by pressing on the ear point.
- A healthy ear point should not be tender when pressed or palpated by a ear probe. Tenderness through pressure indicates a problem in the area being tested.
- These same points can be treated by rubbing or applying pressure to the point using the probe employed as a massage device.
- Ear massage is a relaxing, enjoyable, noninvasive, and clinically effective modality for the treatment of most health disorders.
- Massage can encompass the entire auricle or it can focus on specific treatment points.

Ear massage direction for the anterior & poster aspects of ear.



Anterior aspect



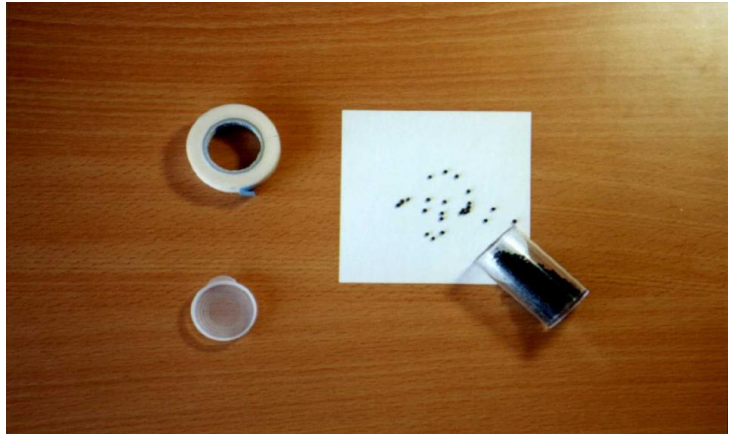
Posterior aspect

Abbate, 2004

Pressing therapy

- Semen Vaccariae (王不留行籽), Semen Impatients (急性子), Liushen pills (六神丸), or White Mustard Seed (白芥子) are all suitable for use in auricular pressing.
- Semen Vaccariae (王不留行籽) is a small round seed which is commonly used for auricular taping. The diameter of each semen was ~ 0.13cm.
- The average retention time of the seeds is 3-5 days.
- Patients are instructed to press on the seeds 3-5 times a day for 1-2 minutes on each point.

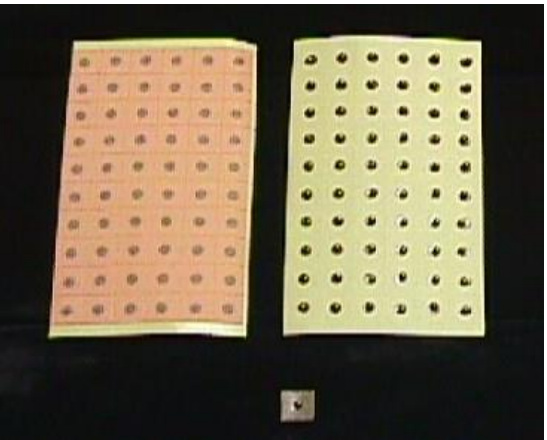
按到有少少"痛"⇒得氣



Magnetotherapy

Using magnetic pearls (pellets) 磁珠

- The mechanisms for the interaction of magnetic fie gical tissues resulting in functional changes may be due to some inciples of physics, such as Faraday's law, Hall effect – that a m vill exerted some force on the moving ions of blood.
- According to the above principles, auricular therap tic pearls might promote the circulation of *Qi* and blood in th egulate functions of the *Zang Fu* organs, thus obviously im ysiological functions of the body.



• The mechanisms for the interaction of magnetic fields with biological tissues resulting in functional changes may be due to some underlying principles of physics, such as Faraday's law, Hall effect – that a magnetic field will exerted some force on the moving ions of blood.
• According to the above principles, auricular therapy using magnetic pearls
might promote the circulation of Qi and blood in the meridians, regulate
functions of the Zang Fu organs, thus obviously improving the physiological
functions of the body.

Using magnetic tube (磁鍉針)

- ~4200 gauss
- For ear or body acupoint stimulation

Another magnetic tube (磁鍉針)

- 3000 gauss
- For ear or body acupoint stimulation

Auricular Acupuncture (耳針)

- Needling is one of the most common ear modality practiced under the use of aseptic techniques.
- Stabilize the patient's ear by supporting the back of the area to be needled. Care must be taken not to penetrate through the entire ear with the needle.
- Acupuncture needles are typically retained for 15 to 20 minutes; while some needles (such as press (embedded) needles, semi-permanent needle (France), intradermal needles etc) can be retained for several days.

1-inch acupuncture needle

Press needle
(埋針)

Intradermal needles
(皮內針)

Semi-permanent needle
(法國耳針)

Bloodletting (Bleeding)

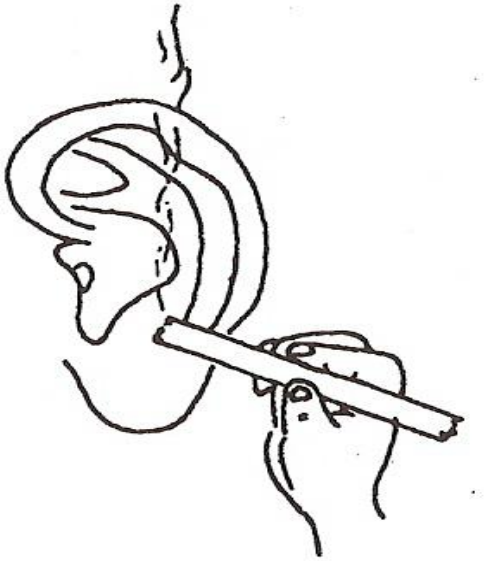
- It is an effective ear modality when applied to certain ear points. The therapeutic effects are to reduce excess heat and fire, stimulates qi and blood flow, and to move stagnant qi and blood.
- Examples : hypertension, eye infections, fever.
- Select a regular 28 gauge, half-inch acupuncture needle, or sometimes use three-edged needle (三棱針), puncture quickly on the selected acupoint of the ear. Absorb the droplets of blood elicited by placing a cotton ball over the point and pressing lightly.

Tapping by Plum-Blossom Needle (梅花針)

- Plum blossom needling therapy of the auricle is sometimes used to induce bleeding for the various therapeutic usages of bleeding.
- Care must be taken to protect the auricle from infection with this method to tap the ear, as infection could develop when the small holes are produced in the ear skin.
- Points on the lobe are most commonly treated with this method.

Moxibustion (艾灸)

- Moxa provides the powerful therapeutic effects of tonifying the qi and yang, removing cold, and increasing the flow of qi and blood in the channels.



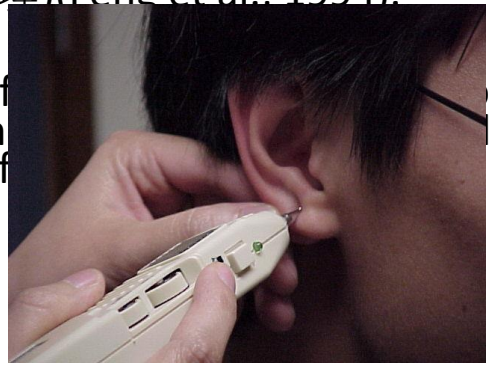
Laser irradiation

- The cold laser has been found useful for conditions treatable through the ear.
- Since the laser is a form of light therapy, the laser does not pierce the skin, and the therapy is painless.
- In addition, the laser can precisely target the point.

Pointer
Pulse
24/12/2011 15:25

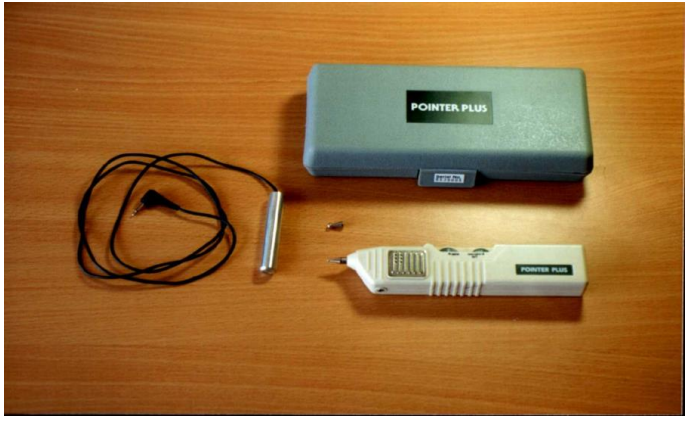
Electrotherapy

- When disease or disorder is present in the body, the electrical resistance in the corresponding auricular points will decrease obviously; and areas where the electrical resistance is lower than the standard are claimed as positive, or highly conductive, electrical points (低電阻原理)(Feng et al., 1994).

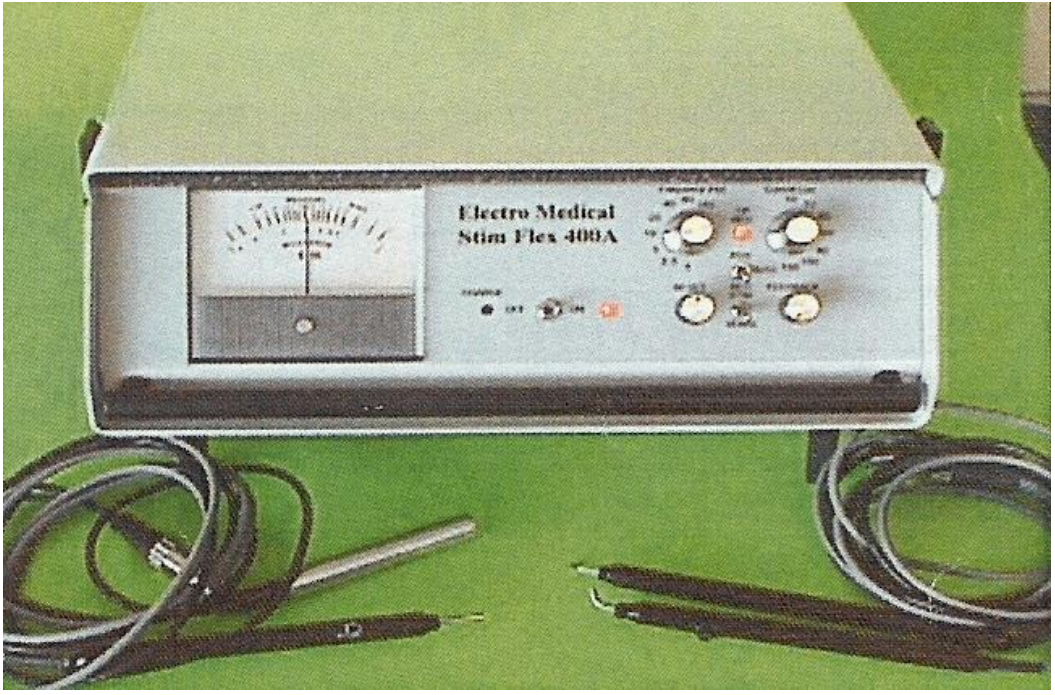


- The sensitive point were detected by means of [illegible]inter Plus™) to measure auricular electrical resistan[illegible] identified a sensitive point, the indicator light f[illegible]

The sensitive point were detected by means of an Electrical detector (Pointer Plus™) to measure auricular electrical resistance. Once the detector had identified a sensitive point, the indicator light flashed.



- Other more sophisticated electric device can also be used, such as the “Electro Medical Stim Flex 400A” (US).

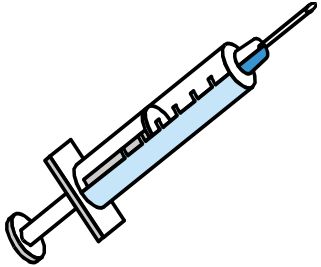


Magic Needle-Pain Reliever

Clinical Applications and Research on Auricular therapy

Examples:

- Weight reduction
- Hypertension
- Cocaine addiction
- Smoking cessation
- Pain killer
- Insomnia



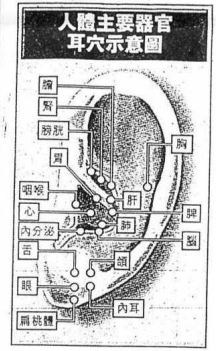
For details, please refer to reference list

夠販後腦遇襲 昏睡九月蘇醒

耳壓療法治好植物人

人趙光榮左耳所貼的「藥籽」，是另類針灸學所謂的「耳壓療法」。

「植物人」英文「VEGETABLE」，意謂沒有氣，恍如植物一樣的人。南市一名沉睡九個月的植物人，屢醫無效，近月卻奇迹地蘇過來，是所謂「耳壓療法」他復活？抑或身邊至親沒有他如一棵「菜」般對待，令再世為人!?



位復甦的植物人，又曾拜訪以「塊塊小膠布貼藥籽」貼在病人耳朵的雨花醫院開韶華醫生，她強調其「耳壓療法」有臨牀經驗，且能兼治內、外、兒、婦、皮膚五官等病症，但究竟是否如其所說般神奇，能令仍有所保留，趙先生今次是確實蘇醒了，但療法能否有待醫學界進一步研究才有定論。

一九九六年九月二十日早上四時，四十九歲的豬肉販子趙光榮，黎明未過便出門幹活。

趙光榮家在江蘇省南京市雨花台區雙南鎮江南

醫生態度姑且試一試

這天早上，趙光榮身上帶着三元人民幣，準備去鎮辦貨，就在家門口不遠處，三人從後向他突襲，趙光榮腦後傳來劇痛，快要倒地一刻，看到三人以布袋蒙面，之後的一切，已是九個月後的事情……

今年六月二十三日，雨花台鎮「雨花醫院」韶華醫生，隨着鎮扶貧工作隊，來到鄉村進行扶貧工作隊，鎮領導告之，村民趙光榮因受暴致變成「植物人」，着她到病人家看一看，聞韶華其時從未醫治過「植物人」，但亦姑且前往一試。

四十九歲的聞韶華，從七三年至九七年這二十四年間，先後在新疆阿克蘇地區、解放軍一〇二、葉城縣、南京市、金陵市等地的醫院任職，她未看趙光榮之前，心裏面根本沒有打算，亦不知有何方法醫治「植物人」。

據她表示，今年六月二十三日那天發生的事，令她震驚不已，她運用在金陵針灸推拿醫院所學到的「耳壓治療」施應在趙光榮身上，良久，這個「沉睡者」眼睛一轉，看上去似有神情反應！

藥貼耳殼穴位有奇效

聞韶華表示，所謂「耳壓療法」，亦稱耳壓貼藥籽法，其慣用的種籽，學名叫王不留行，其他種籽亦可）方法是將這小如芝麻的黑色種籽，先黏附在膠紙上，然後再壓貼在耳殼的穴位上，每周兩次，每隔三天更換藥貼一次，而一個療程需時十次。

據稱，「耳壓療法」是中國醫學針灸學科延伸的另一門醫術，其原理和腳底治療類似，由按壓穴位以達到治療身體不同器官的功能。《內經》中記載：「耳者，宗脈之所也。」

耳與五臟六腑的關係十分密切，是體表與內臟聯繫的最要部，當經絡和臟腑功能失調，發生病理變化時常在耳部穴位發生反應，如變色、變形、產生皮疹，皮膚脫屑及血管充盈、葉脈狀分枝等。

聞韶華見耳壓療法一有效，臨走前對趙光榮妻子謂，其丈病情大有轉機，有希望治好，着她細心料料。

Apple Daily
(6 Oct, 1997)

耳穴減肥法 又平又安全

學，而且又不
示，這方法的成功率平
今夏展現苗條的身段？可
肥法。

用耳穴調節身體機能

中醫認為，耳朵是人體的縮影，利用外來物刺激耳穴，可以調節身體機能，平衡五臟六腑，暢通經絡氣血，並可改善新陳代謝。只要懂得刺激相關的耳穴，就可以減低食慾、增加排泄量，達到減肥的效果。病人不用刻意節食，不過若能戒除肥膩和煎炸熱毒的食品，同時配合運動，則可收事半功倍之效。

一般而言，任何類型的肥胖症均可採用耳穴減肥法，但當中又以下列的類型比較有效：

單純性肥胖型

這類型肥胖人士的體重比標準高出10%~20%，身體健康，沒有明顯的內分泌失調或臟腑疾病，多是由積聚過多熱量或缺乏運動所致。因為致胖原因簡單，所以療效較為顯著。

食慾亢進型

這類肥人的食量很大，是中醫所稱的「胃熱型」，只要能夠減低其食慾，便可以有效減肥，由於耳穴可抑制食慾，所以要減肥亦不困難。

水濕肥胖型

正式來說，水濕型肥胖並不是真正的肥胖，而是病人的水液代謝出現問題（即是水腫），使水液在體內停留，造成浮腫的外貌，刺激相應耳穴可以調節病人的水液代謝功能，以減輕體重。

肥胖的成因有很多，其中若是因為內分泌失調或病理性肥胖，例如是曾經服食避孕丸，患有糖尿病或甲狀腺功能減退等，病情都比較複雜，故很難於短期內利用耳穴減肥法成功減肥。

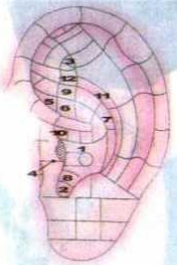
▲李小姐一年前重140磅，在過去9個月的耳穴減肥過程中，每月平均減去3~4磅，現在已成功減去35磅，並維持在105磅的Fit Fit身段。

減肥耳穴有12個

常用的減肥耳穴共有12個（見附圖），肥胖人士可以同時選擇3至5個穴位刺激。如果不知道自己應該針對那幾個耳穴，可先嘗試肺、內分泌、神門、飢點和大腸5個穴位：

減肥耳穴	功效
1）肺	中醫認為肥人多痰濕，而肺主一身之氣，刺激耳穴，使肺氣運行，令痰濕不能形成。
2）內分泌	調節內分泌功能。
3）神門	有鎮靜作用，配合「飢點」可以減低食慾，並調節內分泌。
4）飢點（外鼻）	可抑制食慾，對食慾亢進型人士特別有效。
5）大腸	加強排泄次數或排泄量。
6）小腸	調節脂肪吸收量。
7）肝	調節脂肪代謝。
8）三焦	調節臟腑功能、內分泌和水液代謝。
9）腎	增加小便排泄量，對水腫型人士尤其適合。
10）口	口與飢點，均有減輕或降低食慾之功效。
11）腹	局部減肚腩——可加強腹部的新陳代謝。
12）臀	局部減臀——可加強臀部的新陳代謝。

▲不知道自己屬那種肥胖類型，可以選擇肺、內分泌、神門、飢點和大腸5個耳穴。



▲標準耳穴定位示意圖

Precautions

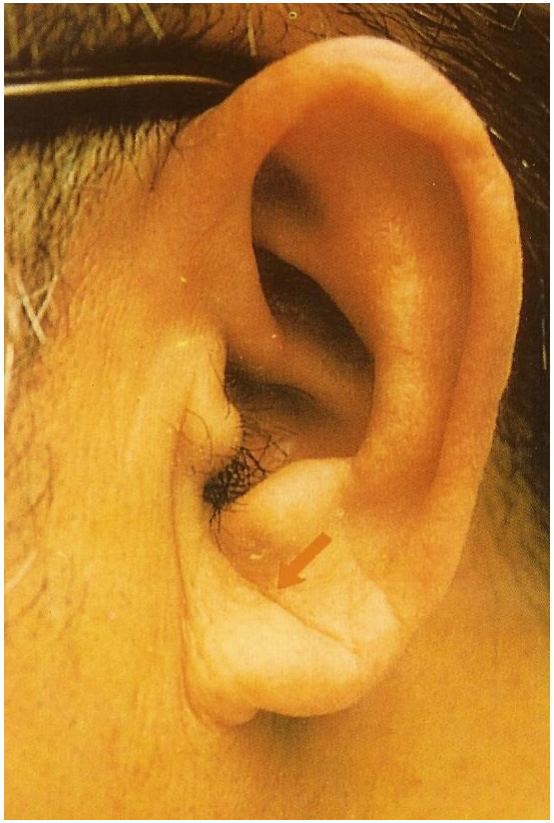
- If the objects, such as seeds or magnetic pearls, should be placed on the ear continuously for treatment purpose, both ears should be treated alternately to avoid fatigue of acupoints.
- The objects for stimulation should be replaced every 3-4 days to avoid the possibility of local irritation of auricular points under treatment.
- Pressure on the retained seeds should not be too hard and rubbing should be avoided to prevent injury to the skin which may result in infection.
- Magnets pearls of lower gauss should be chosen in order to avoid possible side-effects due to overstimulation, e.g. dizziness, sweating, nausea & vomiting.

- If needles are used for stimulation, aseptic techniques should be strictly observed to prevent infection.
- If electrical therapy is applied, the current output should be kept to a comfortable level in which the client can tolerate, to prevent overstimulation and induce painful.
- If the patient is allergic to the zinc oxide adhesive tape, use other auricular therapeutic methods to prevent skin allergy.
- Contraindications: ear infections, wearing pace maker (for magnetic therapy), etc.

Diagnostic Value of the Auricles (耳穴診断)

- The use of auricular points in the diagnosis of diseases as an objective and painless method for early diagnosis is also of great practical and theoretical significance.
- Due to the reflexive property of the ear, various reactions may appear on the auricle when there are disorders of the internal organs or other parts of the body.
- Such reactions include variations in shape, color, size, and sensation; the appearance of papules, rashes, and discolorations; and increased tenderness or decreased electrical skin resistance.
- Close observation of these changes increases the doctor's diagnosis and treatment (Abbate, 2004).

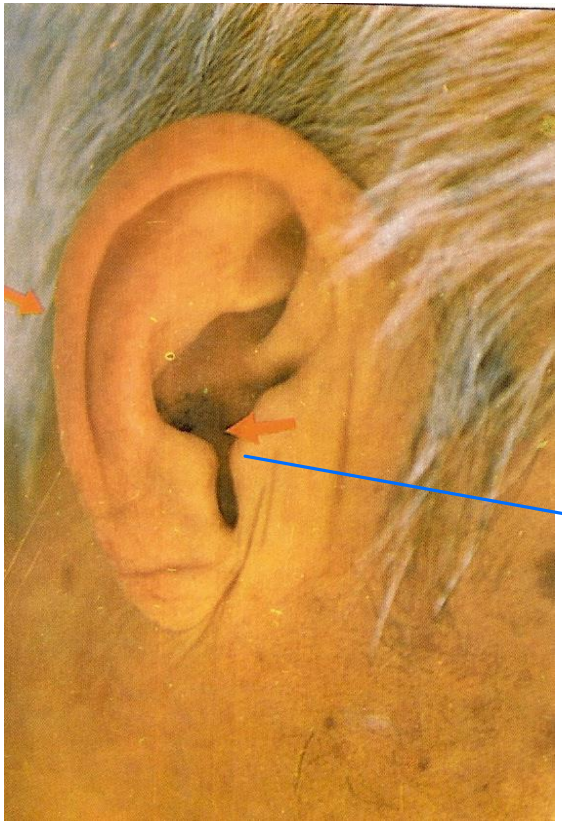
Frank's sign



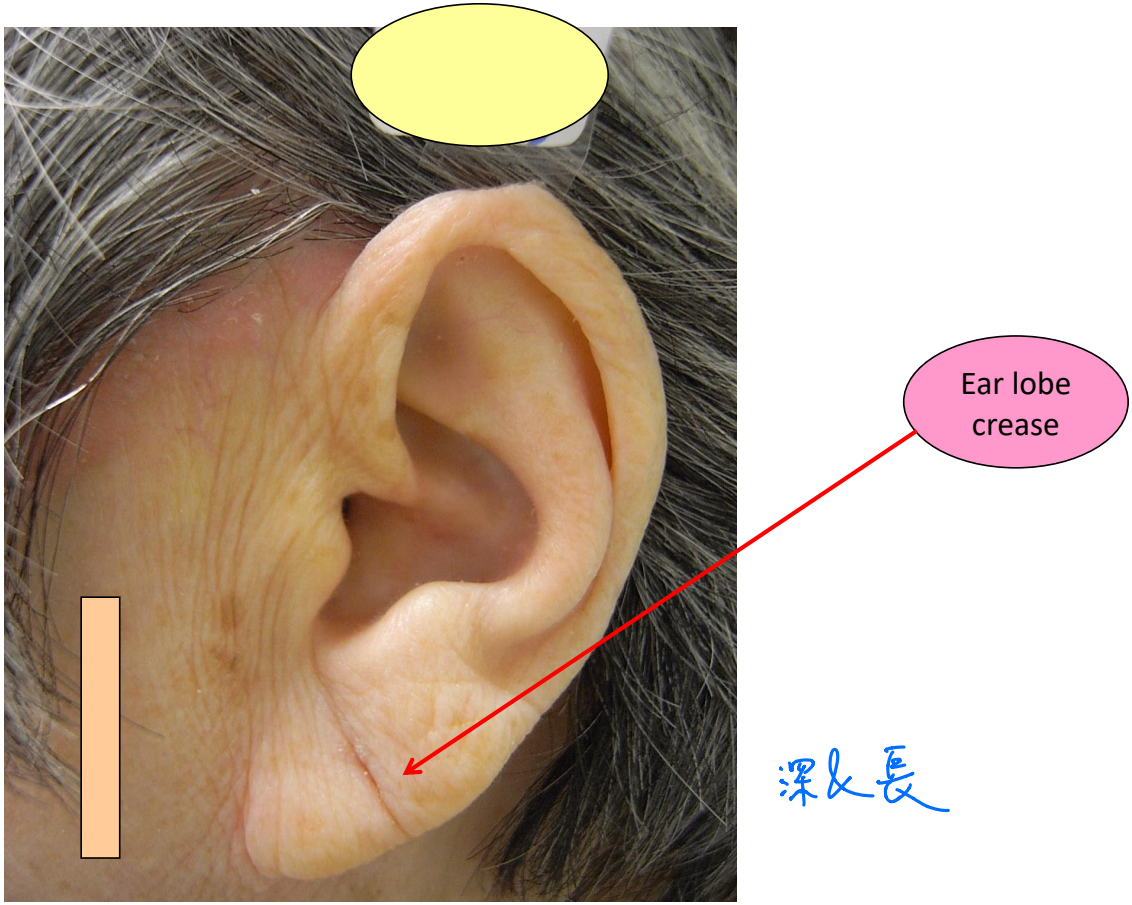
耳仔生毛：
心臟
注勞

This particular crease indicates
heart disease, stress, and high cholesterol.

Carcinoma of lung

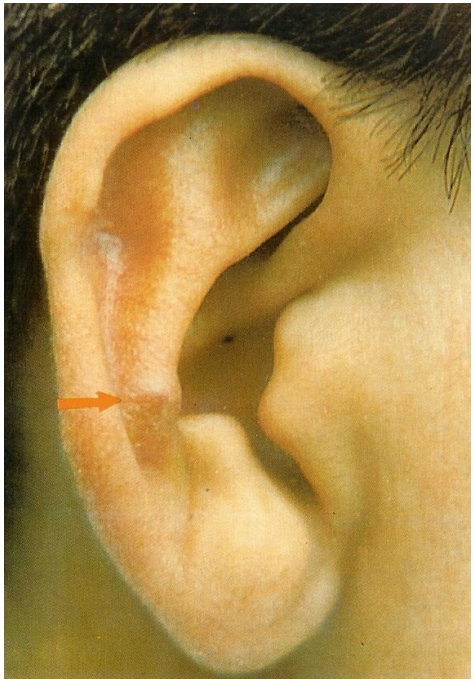


Ho, 1994

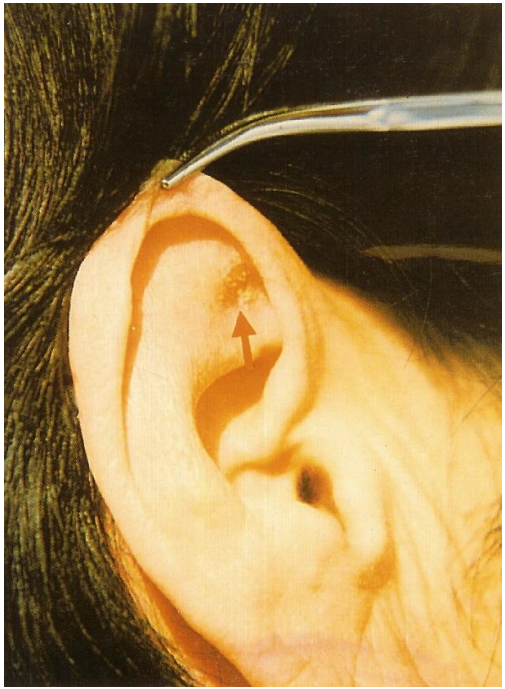


A complete ear lobe crease on the left-sided of ear of a female participant having an acute CHD condition.

Cervical disorder



Profuse vaginal discharge



脫屑

Ho, 1994

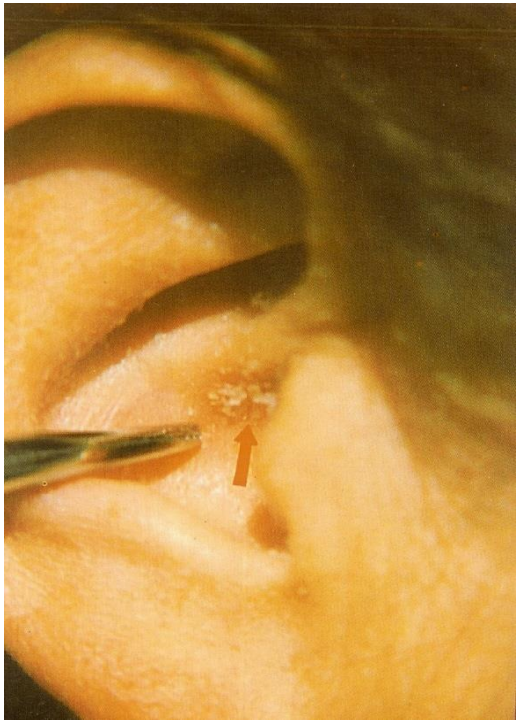
Cervical disorder
(頸椎病)

Congenital Kidney Disease
(先天性腎炎)

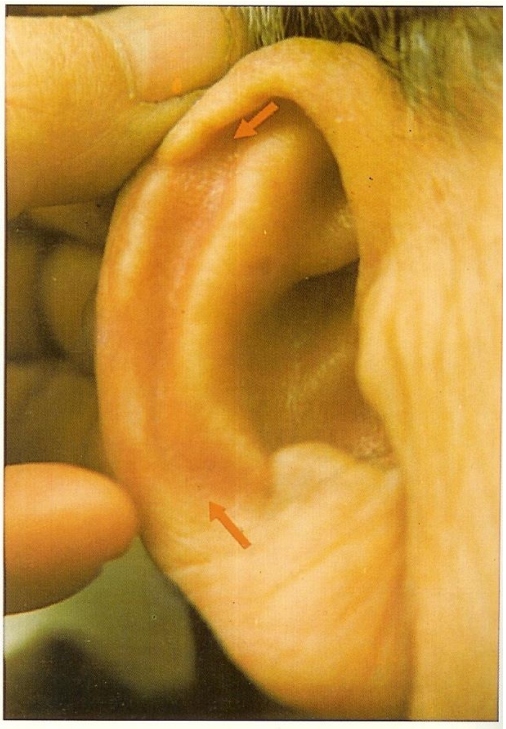
Flat feet causing knee and ankle pain
(扁平足引致膝及足踝疼痛)

Oral ulcers

Rheumatoid arthritis



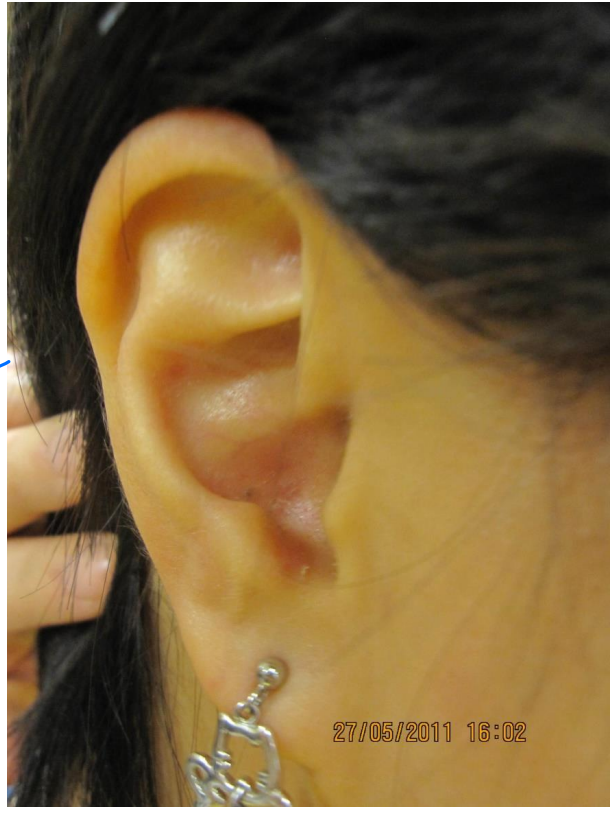
脫屑



風濕線

Ho, 1994

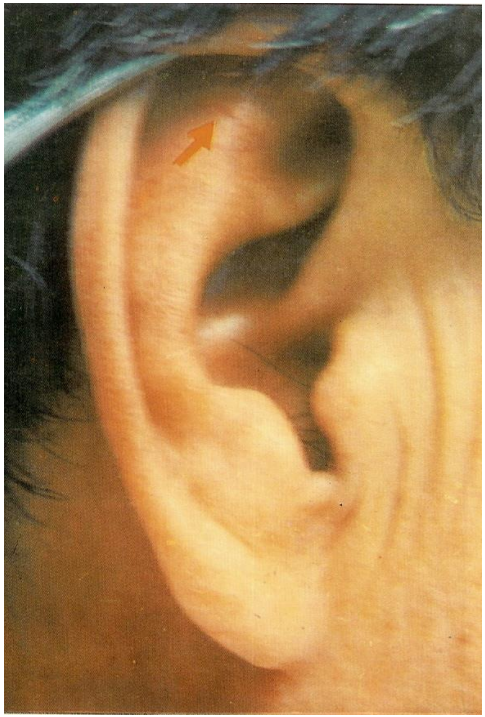
Spine Deformity
(脊椎變形)



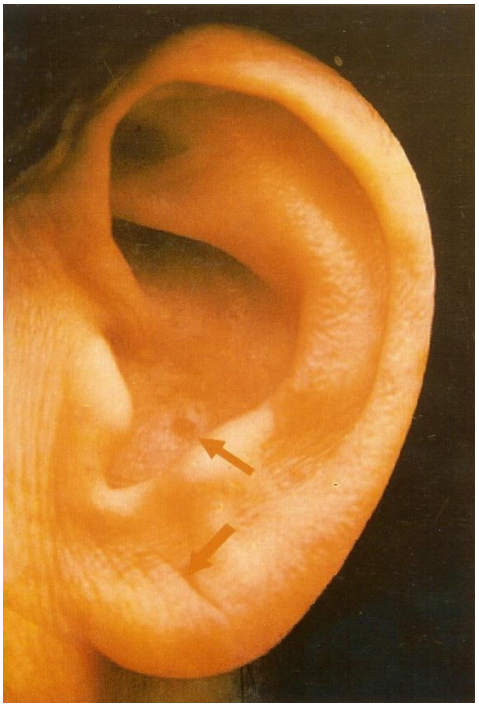
唔夠圓滑
se curve

Weak heart & lung function,
Gastrointestinal problem
(心肺及消化系統功能較弱喘)

Acute knee injury

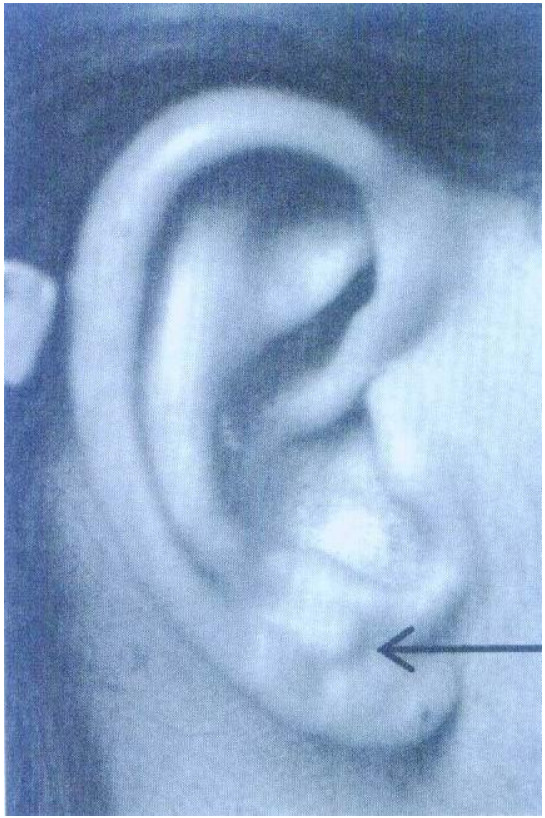


Rheumatic heart disease

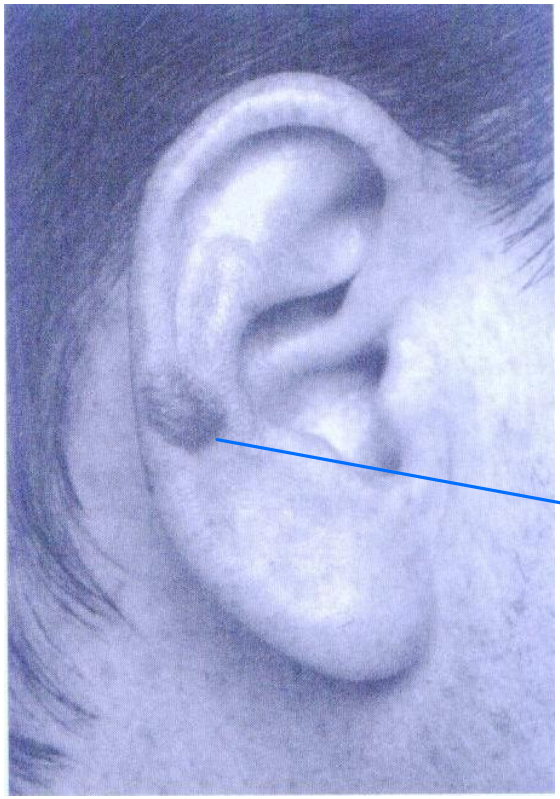


Ho, 1994

Sinus infection
(Puffy Forehead point)

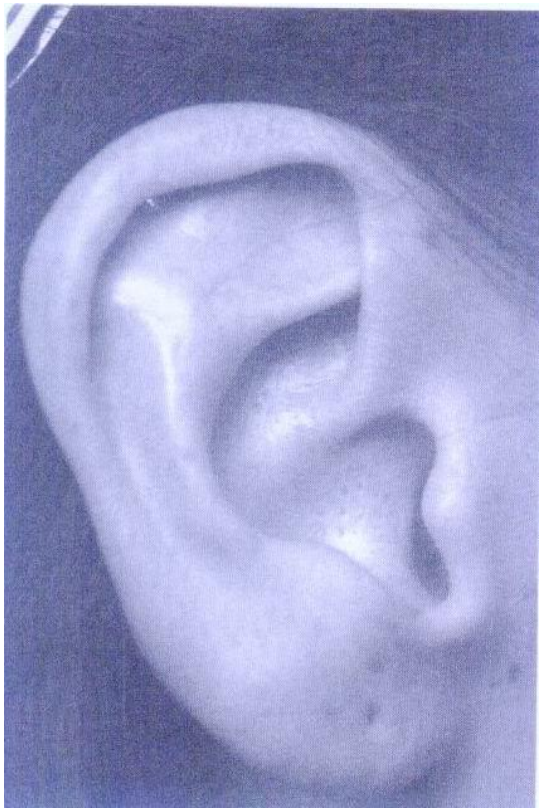


Congenital shoulder weakness
(Birthmark on the Shoulder area)



Abbate, 2004

Shortness of breath
(Small pore-like depression on the heart & lung regions)

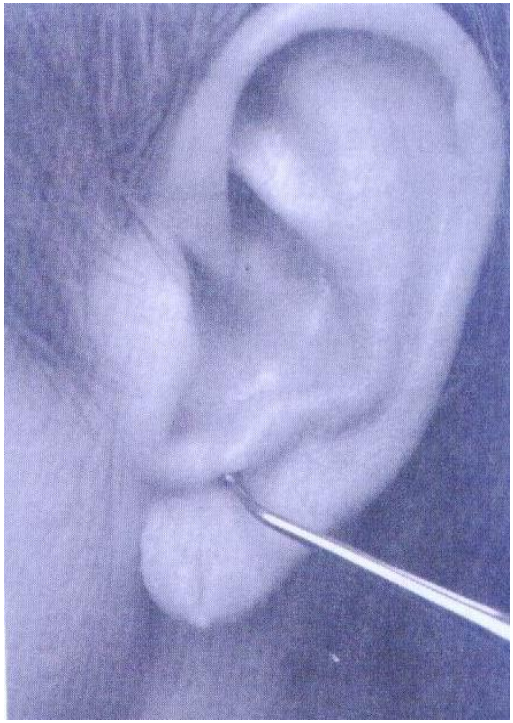


Neck pain
(Ridge in the neck area)

Abbate, 2004

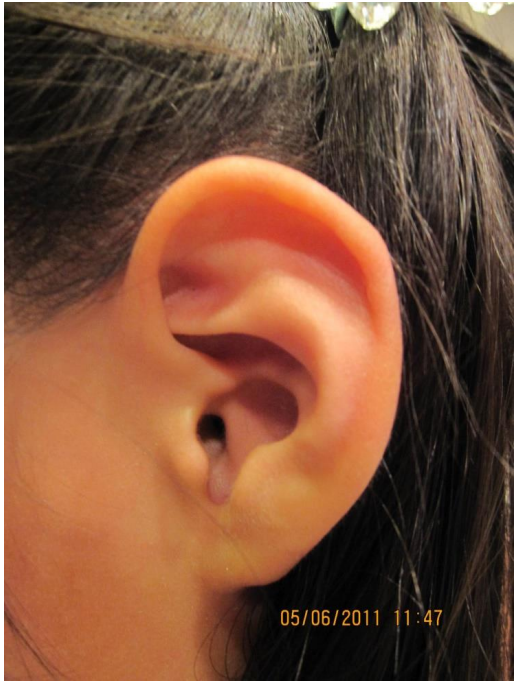
The Smart Crest
(indicative of high intelligence)

A partially prolapsed antitragus



Abbate, 2004

The Smart Crest
(indicative of high intelligence)
(高智商)



Daughter
(女)

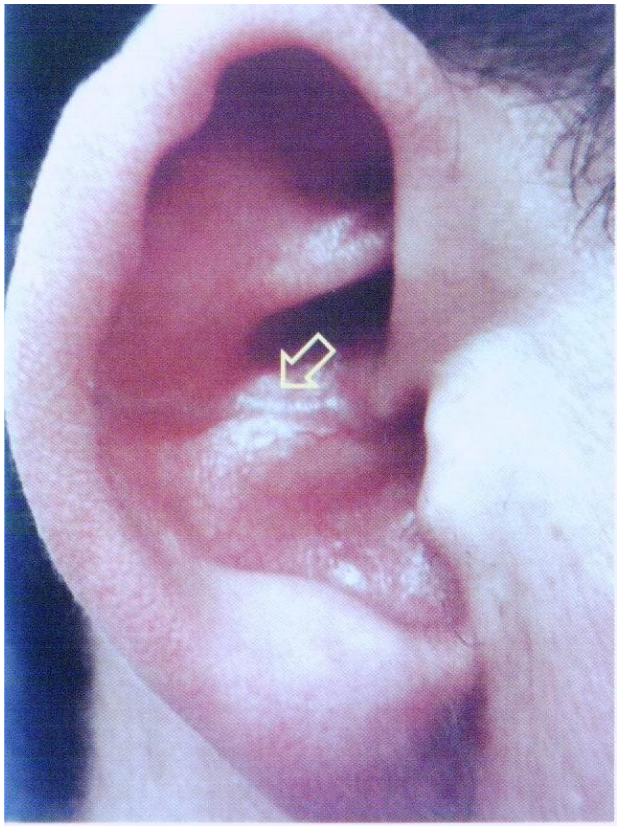
Mother
(母)

Cervical erosion

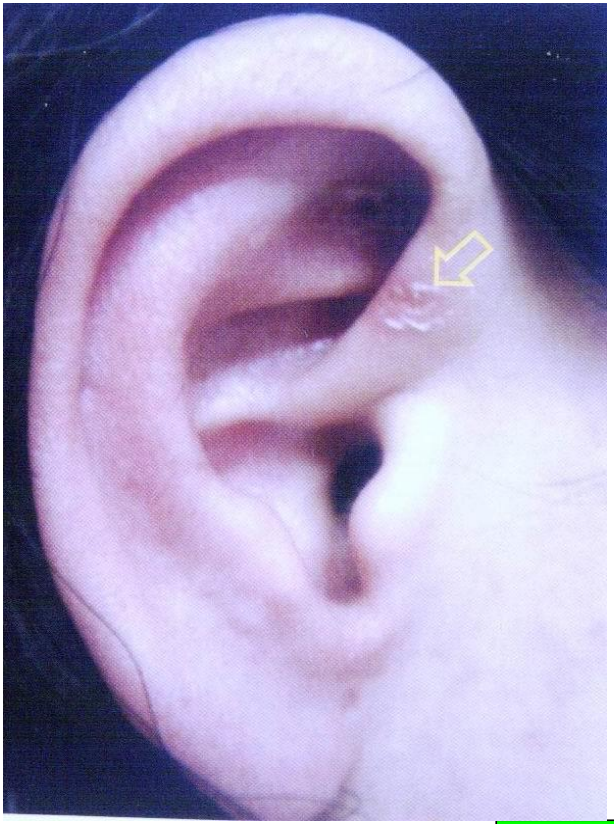
Leakorrhea
(Triangular fossa desquamation)

Huang, 1999

Duodenal ulcer
(red dilation of capillary)

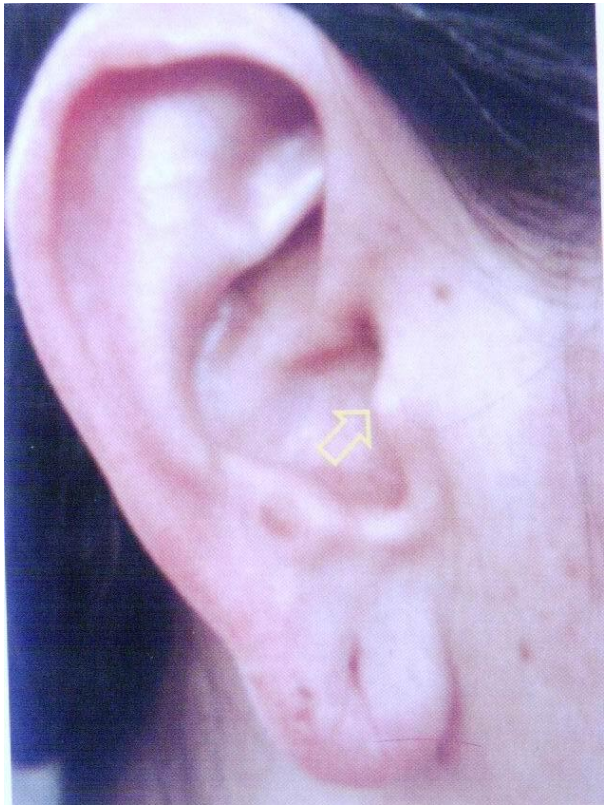


Pruritus vulvae
(Piece-shape redness
with desquamation)



Huang, 1999

Single Hump of Tragus



Double Hump of Tragus

Huang, 1999

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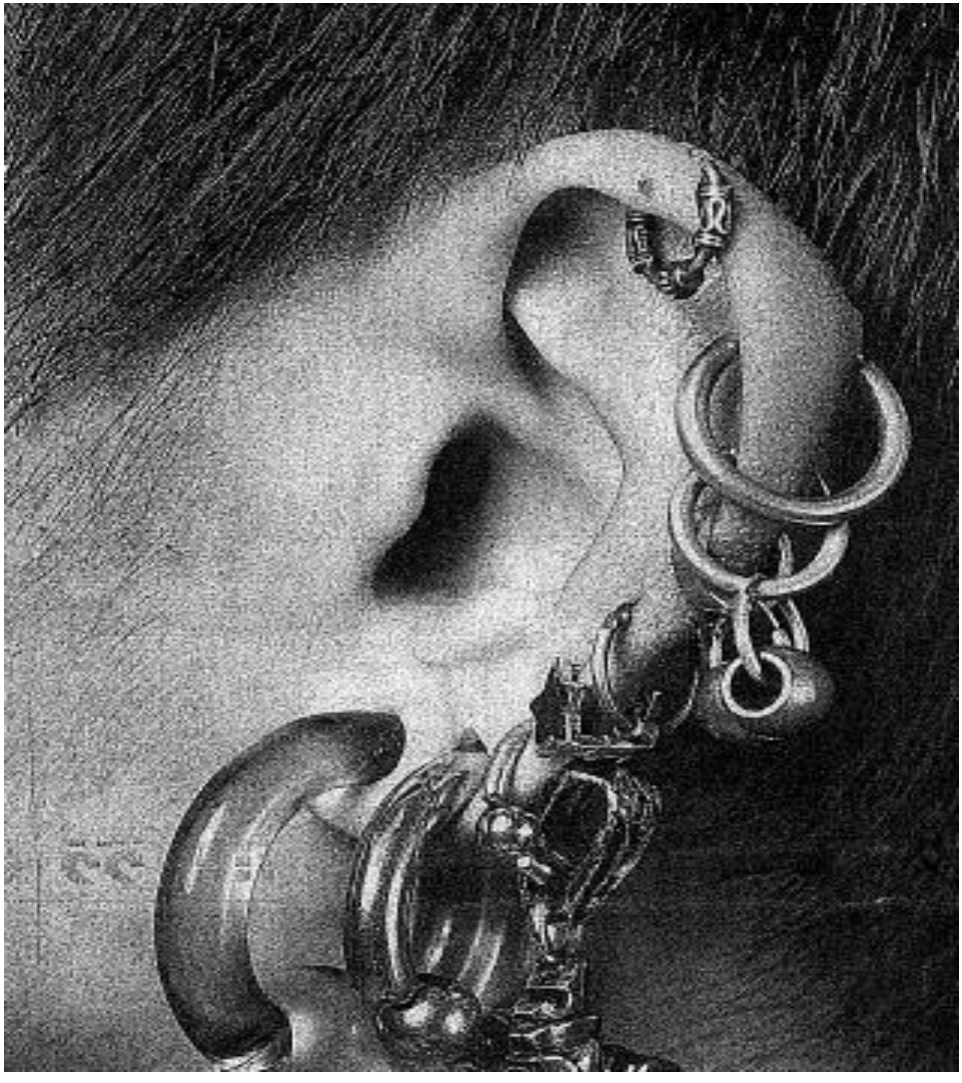

穿環不潔生惡瘡 青年放膿耳變形

■消委會指去年一共收到四宗有關穿環的投訴。

Hong Kong Headline Daily
(17 Jan 2007)

Selected Publications on AT (Dr. Lorna Suen)

- **Suen, L.K.P.**, Wong, T.K.S. & Leung, A.W.N. (2002). Effectiveness of auricular therapy using magnetic pearls on **sleep promotion** in the elderly. *The American Journal of Chinese Medicine*, *30*(4): 429–449.
- **Suen, L.K.P**., Wong, T.K.S. & Leung, A.W.N. (2003). The long-term effects of auricular therapy using magnetic pearls on elderly with **insomnia**. *Complementary Therapies in Medicine, 11*(2): 85-92.
- **Suen, L.K.P.** & Wong, E.M.C. (2008). Longitudinal changes in disability level of elderly with **low back pain** after auriculotherapy. *Complementary Therapies in Medicine, 16*: 28-35.
- Li, M.K. Lee, D.T.F. & **Suen, L.K.P.** (2014). Complementary effects of auricular acupressure in relieving **constipation** symptoms and promoting disease-specific health-related quality of life: A randomized placebo-controlled trial. *Complementary Therapies in Medicine,* February, 2014(22), 266-277. DOI: 10.1016/j.ctim.2014.01.010
- **Suen, L.K.P.,** Chair, S.Y., Thompson, D.R., Yu, C.M., Lin, Z.X., Lee, P.W. & Chu, T.S.K. (2014). Traditional auriculotherapy for **hypertension**: A pilot randomized trial. *Journal of Cardiovascular Disease,* January, 2(1), 19-24. ISSN:2330-4596 (Print)/2330-460X (Online) http://www.researchpub.org/journal/jcvd/jcvd.html

(con't) 著作 (Selected Publications of Lorna)

- **Suen, L.K.P.** (2014). Clinical roundup : Selected treatment options for **depression** - Auriculotherapy. *Alternative and Complementary Therapies,* February, 20(1), 53-54. DOI: 10.1089/act.2014.20110
- **Suen, L.K.P**., Yeh, C.H. & Yeung, S. K.W. Using auriculotherapy for **osteoarthritic knee** among elders: A double-blinded randomized feasibility study. *BMC Complementary and Alternative Medicine* (2016) 16:257 (9 pages), http://doi.10.1186/s12906-016-1242-6 (published online on 29 July 2016).
- Yeh, C.H., **Suen, L.K.P.**, Shen, J., Chien, L.C., Liang, Z., Glick, R., Morone, N.E. & Chasens, E.R. (2016). Changes in sleep with auricular point acupressure for **chronic low back pain**. *Behavioral Sleep Medicine,* May-June, 14(3):279-94. doi: 10.1080/15402002.2014.981820. Epub 2015 Aug 5.
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- Yeh, C.H., Chien, L.C., Chiang, Y.C., Ren, D. & **Suen, L.K.P.** (2015). Auricular point acupressure as an **adjunct analgesic treatment for cancer patients**: A feasibility study. *Pain Management Nursing*, 16(3) June, 285-293. http://dx.doi.org/10.1016/j.pmn.2014.08.005
- Tan, J.Y., Molassiotis, A., Wang, T. & **Suen, L.K.P.** (2014). Current Evidence on Auricular Therapy for **Chemotherapy-Induced Nausea and Vomiting in Cancer Patients**: A Systematic Review of Randomized Controlled Trials. *Evidence-based Complementary and Alternative Medicine*, November, 2014(2014), 18 pages. Article ID 430796 http://dx.doi.org/10.1155/2014/430796
- Yeh CH, Chien LC, Albers KM, Ren, D., Huang, L.C., Cheng, B., Margolis L, Liu R. & **Suen L.K.P.** (2014). Function of **auricular point acupressure in inducing changes in inflammatory cytokines during chronic low back pain:** A pilot study. *Medical Acupuncture,* February, 26(1), 31-39. DOI: 10.1089/acu.2013.1015

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- **Suen, L.K.P.,** Lau, Y.K., Ma, H.C., Lai, K.W. & Holroyd, E. (2012). Predictive value of auricular diagnosis on **coronary heart disease**. *Evidence-based Complementary and Alternative Medicine,* vol. 2012, Article ID 706249, http://dx.doi.org/doi:10.1155/2012/706249.
- **Suen, L.K.P.,** Yeh, C.H., Kwan, J.Y.M., Lee, P.H., Yeung, G.S.P., Wong, E.C.Y., Lau, B.C., Tsang, S.C.H., Cheung, A.S.P. & Yeung, V.T.F. (2015). Association of auricular reflective points and status of **Type 2 diabetes mellitus**: a matched case-control study. *Evidence-based Complementary and Alternative Medicine.* Vol. 2015, Article ID 981563, 11 pages, 2015. http://doi:10.1155/2015/981563
- **Suen, L.K.P.,** Yeh, C.H., Lee, W.K., Chu, W.L., Loo, J.F.Y. & Tam, W.H. (2015). Association of auricular reflective points and the status of **lower urinary tract symptoms** in aging males. *Aging Male*. http://dx.doi.org/10.3109/13685538.2015.1027679
- **Suen, L.K.P.,** Yeh, C.H., Yeung, S.K.W., Kwan, J.Y.M., Wong, D.H.F., Chan, D., Cheung, A.S.P. & Yeung, V.T.F. Association between auricular signals and the risk factors of **metabolic syndrome**. *Medicines* (open access, published in June 2017) http://www.mdpi.com/2305-6320/4/3/45 doi:10.3390/medicines4030045

many
Thanks!

Q & A

Demonstration & Practice